



# HYDROXYCUT

## Claims/Benefits:

Hydroxycut claims to support weight loss, increase energy and boost metabolism.

## Bottom Line:

MuscleTech's claimsthat the product is proven to burn fat are false. Clinical trials have not shown that the ingredients in Hydroxycut are associated with weight loss, and the risks associated with product use are unknown.

Ingredient Name	Effectiveness	Safety	Side Effects
Gymnema Sylvestre extract	Not effective. Although it is true that Gymnema Sylvestre extract may help support normal blood sugar levels, no scientific studies have been done that associate the product with weight loss.	Pregnancy and Lactation: Insufficient reliable information available; avoid using.	None reported.
Garcinia cambogia (fruit & rind) extract	Not effective. Studies have shown that taking garcinia fruit rind extract orally does not help decrease weight, satiety, fat oxidation, or energy expenditure in obese people. There is mixed evidence that garcinia might reduce food intake while sustaining satiety, but there is insufficient reliable information about the effectiveness of garcinia to recommend it for this use.	Pregnancy and Lactation: Insufficient reliable information available; avoid using.	None reported.
Green tea leaf extract	Although preliminary clinical information suggests that a specific green tea extract (AR25, Exolise) standardized to 25% epigallocatechin gallate (EGCG) might be effective when supplementing a sound weight loss regimen in moderately obese patients, there is insufficient reliable evidence to make this conclusion.	Likely safe when used orally in moderate amounts. Possibly unsafe when used in high amounts.	Orally, green tea can cause nausea, vomiting, abdominal bloating and pain, dyspepsia, flatulence, and diarrhea. In high doses, it can also cause dizziness, insomnia, fatigue, agitation, tremors, restlessness and confusion.

## Q: If Hydroxycut does not work, then why are there drastic changes between the before and after pictures of the testimonials?

A: Normally, special lighting techniques are used to portray a slimming effect. In one instance, MuscleTech used one picture (in multiple advertisements) showing a before photograph of Marla Duncan touting that she lost 35 pounds. The advertisements did not reveal that the before picture reflected post-pregnancy weight. Advertisements also failed to state that Marla Duncan has been a swimsuit and fitness model since at least 1983 (when she was 19 years old), has appeared on more than 100 magazine covers, and was Miss Fitness USA in 1990.

**Q: On its label, Hydroxycut claims that it will help individuals "lose weight fast" and that it is "clinically proven." Are these claims true?**

A: These statements are deceptive. One study sponsored by MuscleTech showed that even when there was a weight loss, there was an *increase* in fat. Another study sponsored by MuscleTech showed that the subjects using a new and improved version of Hydroxycut did not have a statistically significant weight loss that was greater than the placebo group. In fact, the group using Hydroxycut lost less weight than the placebo group.

**Q: Do the experts recommend Hydroxycut as a safe weight loss method?**

A: No. Although this information is not disclosed in their advertisements, MuscleTech's own consultants believe there are serious safety concerns. One hired expert in litigation stated under oath that he believes people should not take these "drugs." *Both he and another expert hired by MuscleTech testified separately that they would not recommend Hydroxycut to anyone.*

MuscleTech states in its marketing materials that Hydroxycut "contains pharmaceutical-quality fat-loss ingredients." This statement is false and misleading. One person responsible for the manufacture of Hydroxycut has admitted under oath that they did not follow pharmaceutical standards for content uniformity.

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